



## Operational Plan for West Boise Little League Spring 2021

The following safety rules are a combination of guidelines of Little League International, Little League District II, the State of Idaho, CHD, CDC, Boise School District and the City of Boise keep our kids, parents and umpires safe. These guidelines will be amended as state and local guidelines are updated.

1. Teams must monitor players, coaches and volunteers for signs and symptoms of COVID. All individuals (including coaches, players, and families) who have tested positive for or are showing COVID-19 symptoms and close contacts should stay home and monitor their health.

**Close contact**- someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated. Close contacts must quarantine and monitor for symptoms for 10 days following the date of exposure an

Any individual who **tests positive for or is showing symptoms of COVID** should isolate for 10 days and is not permitted to return to WBLL activities until all of the following have been met:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever without the use of fever-reducing medications **AND**
- Other symptoms of COVID-19 are improving\*

\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

### Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

2. Hand sanitizer, masks, and disinfectant will be supplied by WBLL with each team's first aid kit and coaches will be required to have, and use them at all games and practices.
3. Masks must be worn at all WBLL Fields by players, coaches, volunteers, and spectators any time social distancing cannot be maintained. It is also recommended that masks be worn in addition to social distancing. Masks are not required on the field of play. Prior to any team activities it is required by

coaches to ensure that each player and volunteer has a mask available to use. Extra masks will be available for distribution if needed.

4. The City of Boise restricts social gatherings. Current restrictions indicate that the gathering size is to be limited to **50 people or less**, not including players and coaches.
5. Restrictions on distancing as listed, but not limited to, under guideline #3, will be clearly displayed on West Boise Little League's website and will be emailed timely to all parents as changes to the guideline occur.
6. Players will be encouraged to bring their own gear (helmets, bats, etc.) to all practices and games. Sharing of equipment will be highly discouraged. In the event that equipment must be shared, one (1) additional volunteer will be supplied by each team whose sole responsibility will be to sanitize all equipment with disinfectant before games and to disinfect any shared equipment between users.
7. Bleachers will be used by the players to assist with social distancing and minimizing contact between players when not on the field of play.
8. The area behind home plate will be reserved for the official scorekeeper and the official pitch count volunteers.
9. Players and volunteers should have a coordinated and organized effort when entering and exiting at all fields. For practices, player equipment will be separated by a minimum of 6 ft at all times and be placed along the left and right field fencing.
10. There will be NO team handshakes, fist bumps, or huddles. After each game we will acknowledge the respect of the game, our opponents, and our officials by lining up on the foul lines and tipping our caps.
11. The concession stand will be open but is subject to closing at any point based on the City of Boise's COVID guidelines.
  - Hand sanitizer, masks and disinfectant will be provided to the concession stand by WBLL.
  - Hands, utensils, and frequently touched surfaces such as doors and door handles will be disinfected frequently.
  - Volunteers will use gloves and wear a mask when preparing and serving food items.
  - Volunteers will be reminded to avoid touching their eyes, nose, or mouth while working in the concession stand.
  - Volunteers that are processing payment transactions and also handing bags/containers of food to customers should wash hands and/or use hand sanitizer between customers. If glove use is chosen as a preventive measure, an employee must wash hands before donning a fresh pair of gloves.
  - There will be no self-service of any items. Single use items, such as napkins, will be provided to customers by the volunteers working in the concession stand as part of their order.
  - Posters will be placed at the concession stand in high visibility areas that encourages patrons to:
    - Practice social distancing.
    - Utilize cough and sneeze etiquette, and hand hygiene.
    - Wear face coverings.
  - Markers will be placed on the ground 6' apart to maintain social distancing while in line.
  - The following information will be posted and volunteers will be reminded that:
    1. People who have been in close contact with a person who is sick from COVID-19 should stay home for 14 days since the last day of contact with the infected individual and monitor their health.

2. If you have not been in close contact with a sick person with COVID-19, you should monitor your health for 14 days since the last day of contact with the infected individual. Your risk of becoming ill is lower than for someone who has close contact
  3. If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), contact your healthcare provider. They will evaluate your symptoms, determine if you need to be tested for COVID-19, and instruct you on care, self-observation and/or isolation.
- Volunteers will discard all cooked/prepared items that have not been purchased at the end of each day as well as monitor and discard any out-of-date food items.

12. All WBLL players, parents, coaches, volunteers, and spectators will be required to comply with the prevailing guidelines or be asked to leave.

**Additional information about safe food handling and the transmission of COVID-19 is available at the following websites:**

- CDC Coronavirus Disease 2019 (COVID-19) Print Resources:
  - <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- CDC Environmental Cleaning and Disinfection Recommendations:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>
- CDC When and How to Wash Your Hands:
  - <https://www.cdc.gov/handwashing/when-how-handwashing.html>
- State of Idaho Official Novel Coronavirus (COVID-19) Website:
  - <https://coronavirus.idaho.gov/>
- Central District Health COVID-19 Resources:
  - <https://www.cdh.idaho.gov/covid>
  - <https://www.cdh.idaho.gov/dac-coronavirus-resources>
  - Central District Health Call Center: 208-321-2222, M-F 8:30 am-4:30 pm